

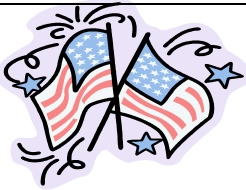


Fremont Multi-Service Senior Center
40086 Paseo Padre Parkway (at Lake Elizabeth)
Fremont, CA 94538
790-6600 • 494-4539 (T.T.Y.) •
www.fremont.gov

September

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Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 LABOR DAY HOLIDAY SENIOR CENTER CLOSED	2 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 10:00 Creative Writing 10:30-3 Deaf Seniors 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support Group 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	3 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	4 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling & Information 9:30 Senior Fitness 8-5 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Senior Center Singers 2:00 Dance, "USS Hornet Big Band" (\$3)	5 9:30-3 Washington on Wheels 8:30 Walkers 9:00 Pinochle 9:00 Canasta 9:00 Card games 10:00 Bridge 1:00 Parkinson's & Art of Moving (fee) 1:00 Chinese Club Movie 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club 3:00 Tai Chi
8 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1-4 Footcare-Tri-City appt 1:00 Painting Class 1:45 Intern Spanish 3:15 Adv Spanish (fee) 3:15 International Line Dance	9 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 10:00 Creative Writing 10:30 Indo-Amer. Seniors 12:45 Crafts 1:00 Speaker: Tax Investments & Retirement Strategies in the Current Economy 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support Group 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)	10 8:15 Angel Island Trip 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 10:00 AC Transit picture I.D. (appt) 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Social Security (appt) 1:00 Mah Jongg 1:30 NARFE Mtg 1:30 Afghan Women 7:00 Woodcarvers	11 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling & Information 9:30 Facility Sub-Committee Meeting 9:30 Senior Fitness 8-5 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 1:00 Chess & Games 2:00 Sr. Center Singers 2:00 Dance, "USS Hornet Big Band" (\$3)	12 8:30 Walkers 9:00 Pinochle/Canasta 9:00 Card Games 10:00 Bridge 1:00 Parkinson's Disease & Art of Moving (fee) 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by John Helm and the Bay Strings Band 1:30 Needlecrafts 3:00 Tai Chi
15 Meal Support from Palo Alto Medical Foundation 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles: 1:00 Painting Class 1:45 Intern Spanish 3:15 Adv Spanish (fee) 3:15 Internat. Line Dance	16 Meal Support from Palo Alto Medical Foundation 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 10:00 Creative Writing 10:30-3 Deaf Seniors 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support Group 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	17 Meal Support from Palo Alto Medical Foundation 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	18 Meal Support from Palo Alto Medical Foundation 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling & Information 9:30 Senior Fitness 8-5 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$3)	19 Meal Support from Palo Alto Medical Foundation 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 9:30 Dr Wood 9:30 Sr. Commission Meeting 10:00 Bridge 1:00 Parkinson's Disease & Art of Moving (fee) 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:00 Tai Chi 3:30 Russian Club
22 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 9:30 Builders Fund Board Meeting visitors welcome Presentation by Suzanne Shenfil 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Intern Spanish 3:15 Adv Spanish (fee) 3:15 Interna. Line Dance	23 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 10:00 Creative Writing 10:30 Indo-Amer. Seniors 1:00 Speaker: Talli van Sunder "The Risk of Falling & Other Senior Topics" 12:45 Crafts 1:00 Legal Asst for Seniors 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support Group 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)	24 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1:00 Social Security (appt) 1:00 Trip Meeting - Choose 2004 Trips 1:00 Visually Impaired Computer Class 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	25 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling & Information 9:30 Senior Fitness 8-5 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$3)	26 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1:00 Parkinson's Disease & Art of Moving (fee) 1:00 Pinochle/ Canasta 1:30 Needlecrafts 3:00 Tai Chi
29 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles: 1:00 Painting Class 1:45 Intern Spanish 3:15 Adv Spanish (fee) 3:15 Internat. Line Dance 7-9 Parkinson Support Group Only 4 days to Senior Center Clothing & Gently Used Sale. Bring your items to the office.	30 Cache Creek Indian Casino Trip 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 10:00 Creative Writing 1:00 Speaker 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support Group 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv) Only 3 days to Senior Center Clothing & Gently Used Sale. Bring your items to the office.	